

Full Report (All Nutrients) 45104629, TWISTS AND CHEDDAR DINNER WITH CHEESE SAUCE MIX, UPC: 041190022243

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer WAKEFERN FOOD CORPORATION

| Nutrient | Unit | Data points | Std. Error | 3.0 oz 84g | 1 Value Per100 g |
|--------------------------------|------|-------------|------------|---------------|------------------------|
| Proximates | | | | | |
| Energy | kcal | -- | -- | 300 | 357 |
| Protein | g | -- | -- | 10.00 | 11.90 |
| Total lipid (fat) | g | -- | -- | 2.50 | 2.98 |
| Carbohydrate, by difference | g | -- | -- | 59.00 | 70.24 |
| Fiber, total dietary | g | -- | -- | 2.0 | 2.4 |
| Sugars, total | g | -- | -- | 11.00 | 13.10 |
| Minerals | | | | | |
| Calcium, Ca | mg | -- | -- | 80 | 95 |
| Iron, Fe | mg | -- | -- | 2.70 | 3.21 |
| Sodium, Na | mg | -- | -- | 700 | 833 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | -- | -- | 0.0 | 0.0 |
| Vitamin A, IU | IU | -- | -- | 0 | 0 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | -- | -- | 1.504 | 1.790 |
| Fatty acids, total trans | g | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | -- | -- | 5 | 6 |

Amino Acids

Other

Ingredients
ENRICHED MACARONI PRODUCT (WHEAT FLOUR WITH NIACIN, IRON (FERROUS SULFATE), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DAIRY PRODUCT SOLIDS, ENRICHED BLEACHED FLOUR (BLEACHED FLOUR, NIACIN, IRON, THIAMINITRATE, RIBOFLAVIN, FOLIC ACID), WHEY, SALT ENZYME-MODIFIED CHEDDAR CHEESE AND BUTTER (CHEDDAR CHEESE (MILK, CHEESE CULTURE. SALT, ENZYMES), CHESSAR CHEESE (MILK CHEESE CULTURE, SALT, ENZYMES), BUTTERMILK, MODIFIED CORN STARCH, BUTTER (CREAM. SALT), SODIUM PHOSPHATE, LACTIC ACID, NATURAL FLAVOR, COLOR (YELLOW 5 AND 6), DISODIUM PHOSPHATE. *Date Last Updated by Company:* 05/11/2016